



A2 - Healthy habits and guilty pleasures

Grammar focus: Adverbs of frequency (always, usually, often, sometimes, rarely, never)

Warm-up discussion

1. What do you do to stay healthy?
2. Do you have any guilty pleasures (e.g., chocolate, Netflix, laziness)?
3. How often do you exercise, cook, eat out, sleep early?

Useful prompts:

“I sometimes ...”

“I never ...”

“I always ...”



Adverbs of frequency

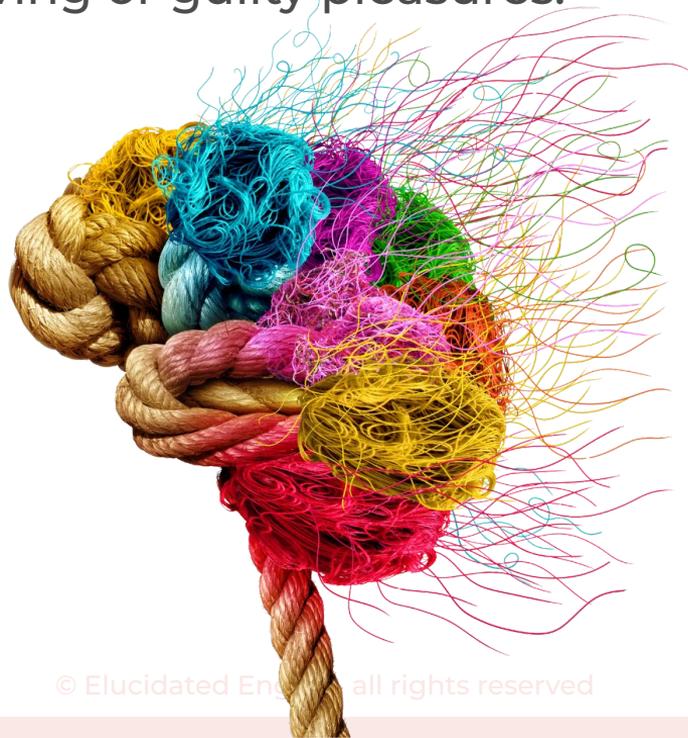
Adverb	% frequency	Example
always	100%	<i>"I always drink water in the morning."</i>
usually	90%	<i>"I usually walk to work."</i>
often	70%	<i>"I often eat vegetables."</i>
sometimes	50%	<i>"I sometimes skip breakfast."</i>
rarely	20%	<i>"I rarely eat fast food."</i>
never	0%	<i>"I never smoke."</i>

Structure rule:

1. Adverb + main verb:
"I often cook dinner."
2. To be + adverb:
"I am usually tired after work."

Vocabulary brainstorm

Task: In pairs or small groups, brainstorm 6–8 verbs and activities connected to healthy living or guilty pleasures.



Maria's Habits

Maria is a yoga instructor, but she's not perfect. She always drinks green smoothies in the morning, and she usually exercises for one hour. But she sometimes eats chocolate in bed and often watches reality TV late at night. She rarely eats junk food, and she never smokes — but she sometimes lies about how healthy she really is!



Comprehension questions



1. What does Maria always do in the morning?
2. How often does she eat chocolate in bed?
3. Does Maria smoke?
4. What is something she often watches?
5. Is Maria perfect? Why or why not?

Gap-fill activity

Task: Fill in the blanks with a suitable adverb of frequency (always, usually, often, sometimes, rarely, never).

1. I _____ eat vegetables, but I _____ eat chips on weekends.
2. He _____ drinks soda — he prefers juice.
3. We _____ go for a walk after dinner.
4. My cat _____ sleeps during the day.
5. They _____ eat together as a family.



Sentence reordering

Task: Put the word in the correct order.

1. always / breakfast / I / eat
2. eat / never / I / sugar
3. usually / They / go / to the gym / on Mondays
4. drinks / often / tea / She / in the morning



How often do you ...

1. ... exercise?
2. ... eat sweets?
3. ... sleep before 10 p.m.?
4. ... order takeaway?
5. ... check social media?
6. ... meditate or relax?



Negative forms activity

Instructions: Rewrite the sentences using the negative form of the adverb of verb. (Use: *never, rarely, don't, doesn't, + verb*)

1. I always eat vegetables.

2. He often drinks coffee.

3. She usually exercises in the morning.

4. We sometimes eat junk food.

5. They always go to the gym on Sundays.



Question forms activity

Instructions: Turn the statements into questions using “How often ...”

1. I eat cake on weekends.
_____?
2. She watches TV after work.
_____?
3. They go to the gym.
_____?
4. He drinks energy drinks.
_____?
5. You cook at home.
_____?





Thank you for your support.

YouTube: @elucidatedenglish